

➤ TODAY'S VERSE

Isaiah 54:17 No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn. This is the heritage of the servants of the LORD, and their righteousness is of me, saith the LORD.



➤ FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Les Reinhardt smile? "The creative arts," said the 42-year-old Fishers resident. She is executive director of Fishers Arts Council and operations manager for Nickel Plate Arts in Noblesville. She joined the Fishers Arts Council board in 2018 as treasurer; it's been an all-volunteer group since 2005. At Nickel Plate Arts, where she works 20 hours per week, she facilitates all gallery spaces in Noblesville, and also in Fishers, at Meyer Najem (Construction) Gallery, Four Day Ray Brewing and a nonprofit wing of Hub & Spoke community center. She was born and raised in Indianapolis and graduated from Lawrence Central High School. "I wanted to be an accountant, but then I landed on stage in production management." After graduating from Ball State University with a degree in theater technology and design major, she lived in California for 15 years and worked in the arts there, in music, dance and theater. She is a member of Actors Equity Association and is a Union Stage Manager. She has been married for 20 years and has a 10-year-old son. "We moved to Hamilton County (when her son was 5) because of the schools." She has been a virtual worker since 2017. She manages Fishers Arts Council's social media, website, events and does grant writing. For Nickel Plate Arts, she manages gallery space and keeps the calendar going. Next up: Meet artist Marc "Mozy" Love during his free public reception 5 p.m. to 8 p.m. March 11 in the Stephenson House on Nickel Plate Arts Campus. Love's exhibit, "Welcome to the Boomtown," is open noon to 5 p.m. Wednesdays through Fridays in March in the Stephenson House.

And **Another Few Things...**

1. A whale of a tale

It is said that the top two reasons to go whale watching are the experience and the thrill, according to the Association of Mature American Citizens [AMAC]. But surely the passengers aboard Captain Dave's Dolphin and Whale Watching Safari off the coast of California recently got much more than an experience and a thrill of a lifetime recently. They got to watch a whale giving birth to an offspring. "For a minute, many of us thought it may be a shark or predatory event. But no, instead of the end of life, it was the beginning of a new one," according to a passenger who got it all tape.

2. Moose on the loose

Craig Lapointe, a homeowner in Saskatoon, Canada, returned home one afternoon recently to find two broken front room windows, apparently the work of a moose on the loose in his neighborhood, reports the Association of Mature American Citizens [AMAC]. Lapointe suggests the moose was foraging for food, got too close to his home causing a pet dog and a pet cat to make their presence known which, in turn, riled the moose causing it to break the windows. Ryan Brook, a wildlife researcher, says it is a likely explanation. "If there was a pet, and in this case, there sounds like there was more than one pet, the animal may have hit more than once on purpose. Moose can be very aggressive. They're big. Often the biggest animal around. They have a tendency, if they're startled by animals or people, they may go on the offensive."

The TIMES

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Local Senior Awarded Scholastic Gold Medal



Photo courtesy of Noblesville High School

Congratulations to NHS senior Maggie Hoppel on being named a national Scholastic gold medalist in writing for her piece "That Should Have Been the End of It". Hoppel beat out over 300,000 students to be one of only eight gold medalists in the United States and will be honored with a reception at Carnegie Hall and a \$12,500 scholarship. Her writing will also appear in a national anthology this summer. She is a member of the NHS newspaper Mill Stream staff and plans to attend college as a creative writing major. Hoppel was also honored with a silver medal for another writing submission. Congratulations also to NHS students Addison Cooley, Krista Horbett, Levi Miller and Kaelyn Hart, who brought home state Scholastic writing honors.

NPD Looking for Answers in Shooting Death of Georgia Man

A Georgia man was shot to death in Noblesville last week and police are looking for answers. Grayson Aubrey Rhue, 18, of Roswell, Ga., was found shot to death near the driveway at a residence in the 21000 block of Raccoon Court. Noblesville Police said that Rhue rang the doorbell and had a brief conversation with three people who were house-sitting there. Rhue left, but returned a few seconds later and entered the home. He allegedly drew a handgun and aimed it at the houseguests. One of the houseguests reportedly drew his handgun and fired several rounds at Rhue. Rhue appeared to immediately flee the house before collapsing just feet from the end of the driveway.

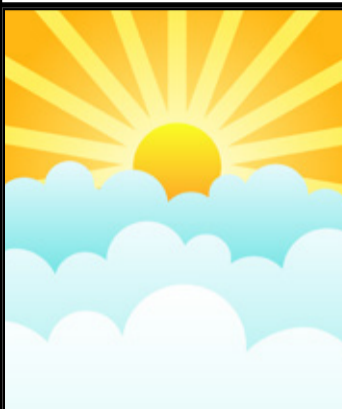
When police arrived shortly after they found Rhue dead and a handgun nearby. Police are attempting to locate another person. That subject appears to be a male who wore a mask and gloves.

NPD said that this does not appear to be a random act. When officers first arrived, Rhue did not have any identification and it took from Thursday until Sunday to determine his identity. NPD said that the three houseguests were cooperative and have been released pending further investigation. Anyone with information is asked to contact the Criminal Investigation Division at (317) 776-6370 or Det. Spencer Flowers at sflowers@noblesville.in.us.

Thousands Of Residents Assigned New Polling Locations

More than 21,000 voters will have a new polling location for the Primary Election on Tuesday, May 2. Poll site changes and poll site name changes for 17 precincts were approved by the Hamilton County Commissioners on Monday, March 13. "Bright yellow postcards were mailed notifying those affected of their new voting locations," said Hamilton County Clerk Kathy Williams. "The cards will tell you the name and address of your new polling site." If you do not receive a yellow card in the mail and do not know where you are supposed to vote, you can find your voting location at indianavoters.com, hamiltoncounty.in.gov or by calling the Election Office at (317) 776-8476.

The Daily Almanac



Sunrise/Sunset
RISE: 7:10 a.m.
SET: 8:19 p.m.



High/Low Temperatures
HIGH: 76 °F
LOW: 42 °F



- Today is...**
- Barbershop Quartet Day
 - National Pet Day
 - Submarine Day



What Happened On This Day

- 2006 President Mahmoud Ahmadinejad announces that Iran has enriched uranium. The Iranian nuclear program has become a source of great controversy.
- 2006 Mafia boss Bernardo Provenzano is arrested. Provenzano was one of Cosa Nostra's central figures. The mafioso was arrested near Corleone, Sicily after 40 years on the run.
- 1961 The trial of Adolf Eichmann begins. The ex-Nazi was one of the main organizers of the Holocaust, in which millions of people were slaughtered. He was hanged for war crimes in 1962.

Births On This Day

- 1960 Jeremy Clarkson English journalist
- 1987 Joss Stone English singer-songwriter, actress

Deaths On This Day

- 1987 Primo Levi Italian chemist, author
- 2007 Kurt Vonnegut American author

➤ INSIDE TODAY

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➤ OBITUARIES

Charles Wilson Scott

➤ HONEST HOOSIER

We solemnly remember today as the day 58 years ago when the Palm Sunday tornado swam ripped through Hamilton County. From touchdown in Montgomery County, through Boone and into Sheridan and Hamilton County, the storm left 28 dead. Altogether, 271 lost their lives through 47 tornadoes.



➤ TODAY'S HEALTH TIP

Keep your fingers away from your eyes if you want to minimize your chances of getting "pink eye." Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Times and online at www.thetimes24-7.com.



➤ TODAY'S QUOTE

"America will never be destroyed from the outside. If we falter and lose our freedoms, it will be because we destroyed ourselves."

- Abraham Lincoln

➤ TODAY'S JOKE

What do you call a painting by your pet? A paw-trait!

The Times appreciates all our customers. Today, we'd like to personally thank **DAN PRITCHARD** for subscribing!



3 WTHR 7 DAY FORECAST

42/76 SUNNY AND WILD	51/78 SUNNY AND WARMER	51/80 WARMEST	53/75 A.M. CHANCE	56/76 HEAVY CLOUDS	49/56 IMPROVING AND COOLER	37/44 RAINFALL PROBABLE
TUE	WED	THU	FRI	SAT	SUN	MON

OBITUARIES

Charles Wilson Scott

December 3, 1936, Friday, April 7, 2023

Charles Wilson Scott, 86, of Carmel passed away April 7, 2023 (Good Friday). He was born in Indianapolis on December 3, 1936, to Charlotte (Wilson) and Charles Alger Scott.

Charlie worked in the field of education in IN four decades. He earned a Master's degree from Butler University and served Carmel Clay Schools as a teacher, a coach, a department chair, a director of student activities, and an assistant principal. He most enjoyed the nineteen years he served as the Principal at Carmel Junior High School before his "retiring."

Survivors include his wife, Kay; children Cherisse (Steve), Charlie (Sara), Curt (Carla), Courtney (Shelly), and Carla; stepchildren, Anne (Mike), Suzanne (Justin) and Craig; 14 grandchildren; 15 great grandchildren; and sister, Marilyn.

Visitation will take place Friday, April 21 at 10 am in Carmel Friends Church where the Celebration of Life Service will begin at 1 pm.

Please visit www.bussellfamilyfunerals.com to read Charlie's complete obituary.

Arrangements entrusted to Bussell Family Funerals.



Noblesville And Hamilton Co. Residential Real Estate Market Was Active In March

March's residential real estate market continued to be active in Noblesville and Hamilton County, according to F.C. Tucker Company.

In Noblesville in March:

- The average sale price of a home increased 21.5 percent to \$445,258.

- The number of closed homes increased 5.1 percent.

- Homes spent 24 days longer on the market compared to this time last

year.

In Hamilton County in March:

- The average sale price of a home increased 8 percent to \$478,539, the highest average sale price in the 16-county central Indiana area.

- Pended homes sales decreased 5.9 percent.

- Available inventory continued to increase, up 96.2 percent compared to this time last year.

Ivy Tech Community College Provides Free Summer Courses To High School Students

Indiana high school students, ranging from grades nine through twelve, can enroll in courses for free this summer at Ivy Tech Community College.

Free summer courses provide an opportunity for students to explore possible career options while earning college credits. Students who qualify for free summer courses will receive free tuition and textbooks, with no limit on the number of courses students can take.

To qualify for enrollment for free summer classes at Ivy Tech, students must be Indiana residents at any high

school, including eighth graders entering ninth grade, graduating seniors, homeschool students, and students at adult high schools.

With over 70 degree programs aligned with the needs of the state's workforce, Ivy Tech provides career pathways and credentials that are made to prepare students for high-wage, high demand jobs. Ivy Tech also offers flexible and affordable course options to meet the needs of all students, with credit transfer options to more than 100 colleges and universities in Indiana and outside of the state.

Fishers Police Teen Academy Open Registration

The 21st session of the Fishers Police Department Teen Academy will be held in conjunction with the Fishers FOP and the Fishers YMCA from June 5-8, 2023. This year's academy will be held at Riverside Intermediate School. The Teen Academy is a four-day camp providing law enforcement-type training that will allow teens to better understand how law enforcement works.

The purpose of the academy is to provide teens with an opportunity to better understand police officers and, more specifically, to strengthen the relationship between the officers of the Fishers Police Department and

the community. Officers will provide an overview of the roles and responsibilities of FPD Officers and insight into some of the specialized units and skills within FPD. Topics will include how to make a traffic stop, how the K-9 Unit works within the agency, the role of the Fishers Dive Team, and how Crime Scene Investigators process scenes. Students will have some classroom instruction and practical role play training each day.

The academy will begin with physical fitness at 9:00 each morning. Participants will then attend informational sessions followed by practical hands-on training to reinforce the

lesson(s) of the day. Each day will end with a social activity between officers and students, and participants will be dismissed at 3:30 p.m.

The academy is open to youth in junior high who have completed the seventh grade through students entering their senior year in high school. Applicants must be enrolled in or planning to attend a junior high or high school in Fishers in the fall of 2023. FPD Officers will complete a background check on each applicant. There is no fee for the Teen Academy, but advanced registration is required. Walk-ins will not be permitted. There are a total of 40 spots available

for this year's academy. Begin the registration process by clicking on this link to submit interest:

FISHERS POLICE TEEN ACADEMY STEP ONE

Registration is a two-step process. Step one is a pre-registration application and initiation of a background check; once pre-registration and the background screening have been completed and an applicant has been approved for participation, applicants will receive an email from FISHERS, IN with final registration information and camp details.

Registration will be open until April 24, 2023 (or until the camp reaches capacity).

Motorists Should Remain Cautious On Rural Roads This Spring; Share The Road With Farm Equipment

Planting season is quickly approaching for Indiana's 94,000 farmers. With the warm weather and sunshine, Hoosier motorists will also see more large slow-moving farm equipment traveling Indiana's rural roads and highways.

The Indiana State Department of Agriculture, Indiana Department of Homeland Security, Indiana Department of Transportation, Indiana State Police and Hoosier Ag Today want to encourage motorists to slow down, be alert and be patient on roadways this spring.

"Indiana is the eighth largest farming state in the country and a national leader in the production of traditional row crops like corn and soybeans," said Lt. Gov. Suzanne Crouch, Secretary of Agriculture and Rural Development. "Whether you live in rural, urban or suburban Indiana, remain alert on the road this spring as you may encounter large farm equipment moving between fields."

In 2020 three vehicles were involved in crashes

with farm equipment in Indiana which resulted in two deaths, according to the National Highway Traffic Safety Administration.

"During the spring, Indiana sees a drastic increase of large farm equipment on our rural roads and highways, and it is important for Hoosiers to know how to safely navigate around them," said Doug Carter, Indiana State Police Superintendent. "Patience, courtesy and understanding, along with the undivided attention of motorists and farmers will help ensure a safe 2023 planting season."

While the term "farm equipment" encompasses a wide range of vehicles, the most common types motorists will encounter during planting season include sprayers, tractors pulling planters or tillage equipment, and large trucks hauling agricultural products. These vehicles are wide, sometimes taking up most of the road, and often travel at speeds no greater than 25 mph.

The following list includes several safety tips for motorists approaching large farm equipment:

- Farmers will pull over when they are able to let motorists pass, but it may take time for them to get to a safe place to do so.

- Be patient. Farm equipment is wide, sometimes taking up most of the road.

- Be careful when passing. Do not pass in a designated "No Passing Zone" or within 100 feet of any intersection, railroad grade crossing, bridge, elevation structure or tunnel.

- Do not try to pass slow-moving farm equipment on the left without ensuring that the farmer driving is not planning a left turn. It may appear that the driver is pulling over to allow a pass when the farmer is actually preparing to turn. You will drive right into its path, endangering yourself and the farmer.

- Avoid tailgating, as some farm equipment might have to make sudden stops along the road.

- Allow plenty of time to get to a destination, be aware of alternate routes and avoid distractions.

Indiana State Department of Agriculture Director

Don Lamb wants to remind motorists that farmers work hard to ensure they are being as safe as possible.

"Indiana's corn and soybeans are utilized for a magnitude of products we depend on every day, such as food products like corn chips and sweeteners, livestock feeds so we can enjoy our favorite meats, fuel for our cars and more," said Don Lamb, director of the Indiana State Department of Agriculture. "It is critical that farmers get their crops planted in a timely manner to ensure a successful crop. If you encounter farm equipment on the roads, be patient and courteous so everyone can make it home safely to their families."

For a list of safety tips, click here or visit isda.in.gov. The following organizations will be working together to share this important safety message during planting season: Hoosier Ag Today, Indiana Department of Homeland Security, Indiana Department of Transportation and Indiana State Police.

PUBLIC NOTICES

NOTICE TO BIDDERS

Notice is given by the Board of Commissioners of Hamilton County, Indiana, that they will receive bids to rent two enclosed buildings located at the Hamilton County 4-H Center at 2003 East Pleasant Street, Noblesville, Indiana, for storage of materials during the 2023-2024 winter season, beginning October 1, 2023 through May 1, 2023. The buildings are the swine barn which is 60' by 144' or 8,640 square feet; and the cattle barn which is 60' by 210', or 12,600 square feet. Said buildings will be rented in their present condition without any warranties, express or implied. Any questions concerning the renting of said building should be addressed to Lisa Hanni at the Purdue University Cooperative Extension Service, (317) 776-0854.

Bidders shall submit sealed bids to the Office of the Hamilton County Auditor at 33 N. 9th Street, Suite L21, Noblesville, Indiana, in the basement of the Historic Courthouse on or before 11:30 a.m. on April 24, 2023. After 11:30 a.m. they can be delivered to the Commissioners Courtroom, One Hamilton County Square, Noblesville, Indiana until the time of the bid opening. Those bids shall contain the following:

- A clear designation on the outside of the bid envelope of 4-H RENTAL Bids.
- A Cashiers or Certified Check in the amount of Five Hundred Dollars (\$500) payable to Hamilton County, Indiana.
- The name, address, home, and business phone number of the bidder.
- No bid under \$13,200 will be considered.

The bid shall be opened and read aloud during the meeting of the Board of Commissioners of Hamilton County on or after 1:00 p.m. on April 24, 2023.

The successful bidder shall be expected to tender to the County one-half of the bid amount on or before October 1, 2023, with the balance of the bid amount due and owing on December 1, 2023.

All unsuccessful bidders shall have their Five Hundred Dollars (\$500) deposit check returned. A successful bidder who fails to complete his rental agreement shall forfeit his Five Hundred Dollars (\$500). The Five Hundred Dollars (\$500) will be held as a damage deposit until the buildings are vacated at the end of the rental term.

Any persons desiring an opportunity to inspect the building(s) prior to submission of a bid and to review the proposed Rental Agreement may contact Ms. Lisa Hanni, Purdue University Cooperative Extension Service at (317) 776-0854.

s/s Robin M. Mills, Auditor
Hamilton County, Indiana

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Bill That Limits Local Governments Can Partner With Contractors On The Verge Of Passing

House Bill 1024 (Public works projects) is garnering mixed reactions in the Indiana Senate as its proponents attempt to move through the Senate Pensions and Labor Committee. If passed, the bill would prohibit local units of government from utilizing project labor agreement (PLA) on taxpayer funded projects.

Units of government, as well as private companies, utilize PLAs to establish labor rules for construction projects. These agreements typically set pay rates for employees on the site and determine other labor aspects of the construction project. These labor agreements are established to ensure that local labor is being considered and utilized, ultimately reverting taxpayer dollars back into local economies and communities as a result. La Porte Mayor Tom

Dermody, a former Republican state lawmaker, testified in opposition to the bill, highlighting the benefits PLAs can bring to local governments.

"Project labor agreements are one of the many creative tools that local governments can use to effectively build important capital projects," said Mayor Dermody. "As the entity entrusted to responsibly use taxpayer dollars, we must use every tool at our disposal to ensure these expensive projects are completed on-time and by the most responsible contractor. Project labor agreements help to ensure we are spending these public funds in the most responsible manner possible."

Under current law, local governments have the option to utilize PLAs for public works projects; however, they are not

required to do so. Often times, they are used only in highly specific instances where the agreement would benefit the community by helping to ensure uniquely critical jobs, which if completed wrong could have significant public safety impacts, are completed by the highest-skilled laborers. This, according to local governments who utilize PLAs, promotes the efficient use of taxpayer dollars and ensures public works projects are structurally sound and safe.

Jacob German, an attorney from Barnes & Thornburg who represents the City of Evansville, also testified in opposition of the bill. "PLAs have been a great tool for projects in Evansville," said German. "Should HB 1024 pass, it would remove a vital part of the city's economic development plan."

HB 1024 would eliminate local units' ability to use project labor agreements, ultimately removing a tool that many local executives consider vital in their public works efforts. Several mayors questioned why state legislators feel it necessary to eliminate something that is only an option, not a requirement.

"We, as a local government, do not need your help to solve a situation that does not need solving," said Mayor Dermody during his testimony.

Last week, HB 1024 was stymied in a 5-5 vote in the Senate Pensions and Labor Committee. It is scheduled for another vote this Wednesday, April 12th. If passed, it will move on to the Senate Floor for further consideration. Several local governments across the state continue to advocate against the bill.

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It's Time To Watch For And Report Findings Of Spotted Lanternfly Eggs

An attractive but highly destructive invasive insect is making headway in Indiana, and the Department of Natural Resources seeks help in identifying the insect so that it can work to stop its spread.

Called spotted lanternfly (*Lycorma delicatula*), the pest is a major concern across most of the United States because of its adverse effect on fruit orchards, nurseries, and the logging and wine industries.

Adults and nymphs of spotted lanternfly (SLF) have piercing-sucking mouthparts and feed on the vascular tissue of leaves, young shoots, branches, and trunks of its hosts. Adults and older nymphs may feed in large populations. This extensive feeding results in oozing wounds on woody tissue and wilting and death of branches.

The lantern part of SLF's name comes from the inflated portion of its head, which was once thought to be luminous. Its wings are grayish with black spots. Flying displays its hind wings, which are black, white, and red with black spots.

In July 2021, a population of the insect was identified in Switzerland County, near the Ohio River. A second population was found in Huntington last July. The DNR Division of Entomology & Plant Pathology (DEPP) and United States Department of Agriculture (USDA) have been monitoring both

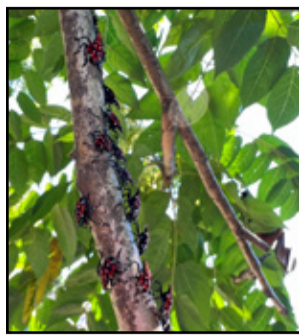
sites.

With the insect's eggs typically hatching in late April, DEPP started scraping egg masses at the infested sites in early February and has destroyed more than 540,000 eggs.

As DEPP and USDA continue to conduct surveys to find the insect's presence elsewhere in the state, ascertain the extent of current infestations, and determine what other management strategies to implement, Hoosiers are asked to watch for and report sightings of egg masses of SLF in the coming weeks, and for nymphs and adults after that.

Inspection of areas and objects near tree of heaven (*Ailanthus altissima*), an invasive plant that is common in the Hoosier state, should be a priority because it is the insect's preferred host tree. SLF typically lays its eggs on smooth surfaces, and eggs may be in sheltered locations or in crevices on trees, rocks, fences, or other outdoor objects, which is part of the challenge of detecting them.

Egg masses are irregularly shaped and about 1 to 1 1/2 inches long. The individual eggs resemble wheat kernels strung together in several rows. After laying eggs, the female deposits a protective coating over them that resembles silly putty. As this coating dries and is exposed to the elements it begins to crack and takes on the



SPOTTED LANTERNFLY

appearance of dried mud. There can be 30 to 50 eggs in each egg mass.

Nymphs and adults tend to cluster at the base of trees or lower trunk during the day and are more active at dusk or early evening. Infested trees can show significant deposits of honeydew and sooty mold around the base of the tree to the point where the base and surrounding ground may appear black. Tree sap oozing from wounds on trees and the honeydew may attract ants, bees, and wasps.

Hoosiers are also asked to inspect any articles such as logs, firewood, other tree parts, decorative grapevines, any other outdoor household articles, and vehicles coming from Switzerland County, Huntington, or any other area identified as having an infestation.

Immediately report all suspected findings to 866-NO EXOTIC ((866) 663-9684) or DEPP@dnr.IN.gov, providing, at a minimum, the county of the find and contact information so DEPP staff can follow up.

More information is at on.IN.gov/spotted-lanternfly



Photo courtesy of IMCU

IMCU presented the check to Sue Wynne, Operations Director, IWIN Foundation, and Debbie Laswell, Development/Program Director, IWIN Foundation, on Friday, February 24, 2023.

Indiana Members Credit Union Contributes \$10,000 To Iwin Foundation For Cancer Awareness Card

On behalf of Indiana Members Credit Union (IMCU) members, IMCU recently presented a check for \$10,000 to IWIN (Indiana Women In Need) Foundation as part of its exclusive Cancer Awareness Debit Card Program. IMCU members nominate a different local cancer related organization to be the beneficiary each year. IWIN Foundation was the selected beneficiary for the past year, receiving a contribution for each signature based transaction made with this card from March 2022-February 2023.

"The IWIN Foundation is deeply grateful for the generous support of Indiana Members Credit Union," said Debbie

Laswell, Development/Program Director, IWIN Foundation. "This donation will have lasting reverberations for dozens of Hoosiers and their loved ones struggling to afford basic needs, like transportation, meals and childcare, during breast cancer treatment. By engaging its members in initiatives like the Cancer Awareness Debit Card Program, IMCU has found a way to make a measurable impact on an issue that affects virtually every member of our community."

John Newett, President and CEO of IMCU stated, "IMCU is honored to present IWIN Foundation with this donation to support Hoosiers

courageously battling breast cancer. Their programs provide the resources necessary to help relieve the financial, physical and emotional burdens faced when battling cancer. We are delighted to connect our members to causes they are passionate about supporting through our Cancer Awareness give-back debit card."

The card is available for issue to members at IMCU's 32 Indiana locations. The IMCU Cancer Awareness Debit Card is an option to members with a free checking account and can be issued immediately via IMCU's instant issue program, which allows members to receive their debit card on the spot.

Red Cross and PEANUTS®: Be Kind, Give Blood in April

Exclusive Snoopy T-shirt for coming to donate April 1-23.

April is National Volunteer Month, and the American Red Cross is celebrating the millions of people who volunteer to give blood, platelets and plasma throughout the year. This month, the Red Cross and PEANUTS® are joining forces as a reminder that it's cool to be kind and help save lives.

Don't wait until there's a crisis to give - donors of all blood types, especially type O blood donors and those giving platelets - are needed now to keep the blood supply strong enough to support critical patient care all season long.

People coming together to care for one another is the humanitarian spirit shared by the Red Cross community and PEANUTS. Donors are encouraged to take a page from the comic strips that have charmed generations and take care of one another by making a blood donation. Book a time to give by visiting RedCrossBlood.org, downloading the Red Cross Blood Donor App, or calling 1-800-RED CROSS.

As a thank-you, all who come to give April

1-23 will receive an exclusive Red Cross and PEANUTS T-shirt featuring Snoopy as the coolest beagle in town, Joe Cool, while supplies last.* Those who come to give April 1-30 will be automatically entered for a chance to win a three-night trip for two to Sonoma County, California. This getaway includes flights, hotel, a \$1,000 gift card and special tours of the Charles M. Schulz Museum and Snoopy's Home Ice, courtesy of Peanuts Worldwide. How to donate blood Simply download the American Red Cross Blood Donor App, visit RedCrossBlood.org, call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible

to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements. Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at RedCrossBlood.org/RapidPass or use the Blood Donor App. Amplify your impact volunteer!

Another way to support the lifesaving mission of the Red Cross is to become a volunteer blood donor ambassador at Red Cross blood drives. Blood donor ambassadors help greet, check-in and thank blood donors to ensure they have a positive donation experience.

Volunteers can also serve as transportation specialists, playing a vital role in ensuring lifesaving blood products are delivered to nearby hospitals. For more information and to apply for either position, visit redcross.org/volunteertoday.



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Photos courtesy of Subaru

All-New 2024 Subaru Impreza Is The Sports Car For Everyday Life

Spring has finally come to California wine country and I'm clipping through tight two-lane roads through vineyards and wineries around Paso Robles. Greenery and mountains are simply magical, yet the roads and this car demand attention. As invigorating is the drive, this little hatchback could just as easily take Miles and Maisey to cello lessons. I'm driving the completely redesigned 2024 Subaru Impreza RS.

From the hotel carpark, it didn't look dramatically different from the outgoing model. The grille is wider and narrower, fenders have more form, and aero panels have been added underside to enhance fuel economy. Base and Sport models look handsome, but the RS is my favorite with 18" dark alloy wheels, black trim, vivid Oasis Blue Pearl paint, and RS logos that incorporate horizontally opposed piston heads in

Likes:

- Multi-talented chassis
- Tech-laden interior
- Standard AWD

reference to its Boxer engine.

Sedans have been eliminated, leaving just hatchbacks because customers made clear they wanted a sporty car that could accommodate their active lifestyles. Hiking, Running, and spending time with pets are favorite activities. A wide rear threshold and mounting points for a roof rack allow easy loading of kayaks and bicycles too. Lift the hatch, fold rear seats, and toss gear into a cavernous crossover space. A bicycle – or cello – should fit.

Up front, there's a new tablet-sized infotainment touchscreen with auxiliary buttons/knobs for key climate functions, volume

Dislikes:

- Tame exterior design
- No manual RS
- Marginal power

and tuning. Wireless Apple CarPlay, Android Auto, and console charging easily connect phones. Seats heat faster, Harman Kardon audio sounds sweeter, and the power sunroof makes the interior brighter. Step up to the RS for red seat accents and alloy pedals. Safety, a Subaru hallmark, is enhanced with a new three-camera EyeSight system to better employ automatic emergency braking, lane keep assist, and newly added crash-avoidance steering.

Putting the sport into utility are two available powertrains: Base models with a 152 horsepower 2.0-liter four-cylinder or the RS with a 2.5-liter four-cylinder developing 182 horsepower. Both connect to continuously

2024 Subaru Impreza RS

Five-passenger, AWD Hatchback
Powertrain: 2.5-liter I4, CVT
Output: 182hp/178 lb.-ft. torque
Suspension f/r: Ind/Ind
Wheels f/r: 18"/18" alloy
Brakes f/r: disc/disc
Fuel economy: 26/33 mpg city/hwy
Assembly: Gunma, Japan
Base/As-tested price: \$22,995/\$27,885

variable automatic transmissions. The 2.5 only gives up 1-MPG (rated 26/33-MPG city/hwy) and gains 30 horsepower. Pretty easy choice. Paddle-shift eight pre-set ratios to better connect car with humans.

The suspension firmly grabs corners by the scruff, but is more compliant during daily commutes and long trips. Tip the car into a corner and you notice how the horizontally-opposed engine keeps weight balanced low in the chassis, torque-shifting

all-wheel-drive solidly connects to road, and the steering provides precise feedback. This car can do very sports car things very competently without any penalty during regular use.

Back at the hotel, sipping wine, the Impreza came into focus. It's practical with the utility of a crossover, able to cover long distances comfortably, but with impressive dance moves. The 2.5-liter engine could use more power, but this car is more about finesse than straight-line acceleration. Besides, if



CASEY WILLIAMS
Auto Reviews

you want a turbo, Subaru will happily sell you a WRX.

So, what does the overhauled Impreza cost? Base models start at just \$22,995. Step up to the Sport for \$24,995 or the resurrected RS for \$27,885. All offer incredible value, utility, and driving enjoyment without penalties of a true sports car.

Storm Forward!
 Send comments to Casey at AutoCasey@aol.com; follow him on YouTube @ AutoCasey.

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Hoosiers Feeling UnTrumped



BRIAN HOWEY
Howey Political Report

For the first time in American history, a former president has been indicted, this time by a grand jury and District Attorney in Manhattan for allegedly making pre-election hush money payoffs to a pornographic actress and a Playboy bunny.

In the coming weeks, Donald J. Trump could be facing a cascading number of additional criminal in Georgia and by the Department of Justice for his scheme to overturn the 2020 election, his hoarding of top secret documents at Mar-a-Lago, and the Jan. 6 insurrection.

Trump is the current frontrunner for the 2024 Republican presidential nomination, even though he has called for the "termination" of the U.S. Constitution, while dining with neo-Nazis and white supremacists. He threatened "death and destruction" if he is indicted.

The most prominent Trump supporter in Indiana to this day in the 2024 cycle is U.S. Rep. Jim Banks, the probable U.S. Senate nominee, who was endorsed by Trump earlier this year. Banks told the Washington Examiner, "Donald Trump remains a very popular figure in the Republican Party in each corner of the country."

After Trump chose Indiana Gov. Mike Pence to be his running mate and won a freak upset victory in 2016, there were 25 or so Hoosiers who joined the administration.

How did that work out for them? Let's call the roll:

Vice President Pence: Once Trump's loyal vice president, Pence found himself under pressure to use his ceremonial U.S. Senate role affirming the Electoral College count on Jan. 6, 2021, to foil an attempted coup d'état Trump was seeking. That resulted in the U.S. Capitol insurrection with seven

deaths and 140 injured cops. The mob chanted, "Hang Mike Pence" as he, his wife, one of his daughters and congressman brother fled for their safety just seconds ahead of the mob. "President Trump was wrong," Pence said in March. "I had no right to overturn the election. And his reckless words endangered my family and everyone at the Capitol that day, and I know history will hold Donald Trump accountable. Make no mistake about it, what happened that day was a disgrace."

Director of Intelligence Dan Coats: The out-going Indiana U.S. senator joined the Trump administration in the top intelligence post. It wasn't long before Coats began to think that Trump was impervious to facts. "To him, a lie is not a lie," Coats is quoted as saying to Defense Secretary Jim Mattis in Bob Woodward's book "Rage." Coats added, "It's just what he thinks. He doesn't know the difference between the truth and a lie." Coats was fired by a Trump tweet in 2019. Woodward writes that Coats believed Trump has "no moral compass" and couldn't shake the suspicion that Trump must be beholden to Russian President Vladimir Putin. Coats ended up thinking Trump was an "unstable threat to their country."

Former RNC Committeewoman Marsha Coats: She was a clinical psychologist who was initially skeptical of Trump, but helped Pence convince her husband to join the administration. Marsha Coats penned a letter to Trump after he had secured the nomination, raising her concerns. "I gave that letter to Donald Trump," Sen. Coats said of a meeting the nominee had with Republican senators. When Trump appeared in Fort Wayne, "He sought her out," the senator said. "He said, 'Marsha, I will not let you down.' Marsha Coats would say, 'God is so big he can even humble Donald Trump.'" In Woodward's book "Rage," Marsha Coats confronted Pence at a White House dinner after something outrageous had happened. "And I just looked at him, like, 'How are you stomaching this?'" Marsha

Coats is quoted as saying. "And he just whispered in my ear, 'Stay the course.'"

Surgeon General Jerome Adams: The former Indiana health commissioner was recruited by Pence to become Trump's surgeon general. After leaving office, he struggled to find a job before then-Purdue President Mitch Daniels hired him. "People still are afraid to touch anything that is associated with Trump," Adams told the Washington Post. "The Trump hangover is still impacting me in significant ways."

HHS Secretary Alex Azar: The former Eli Lilly executive became the second Hoosier to take the helm of the Health & Human Services post. When he resigned following the Jan. 6 insurrection, Azar said that Trump's "actions and rhetoric" had tarnished the administration's legacy. "The attacks on the Capitol were an assault on our democracy and on the tradition of peaceful transitions of power that the United States of America first brought to the world," Azar wrote in his resignation letter to then-President Trump. "I implore you to continue to condemn unequivocally any form of violence."

Medicaid/Medicare Commissioner Seema Verma: According to NBC News, she told staffers that she was "repulsed" by the way the vice president was treated outside and inside the administration. "It was very disturbing. And it was, it was very, very hard to watch," Verma said of the attack on the Capitol, having witnessed events unfold from her office window.

RNC Committee-man John Hammond III: Asked by the New York Times earlier this year if renominating Trump would be a mistake, Hammond said, "To win 50% plus one in the Electoral College requires us to find an alternative and I think we've got plenty of good choices. We can't be a cult of personality any longer."

-The columnist is managing editor of Howey Politics Indiana/State Affairs at StateAffairs.com/pro/Indiana. Find Howey on Facebook and Twitter @hwypol.



Photo courtesy of Carrie Classon

Unbelievable Burro in Pants



CARRIE CLASSON
The Postscript

I saw the burro wearing pants and carrying a basket filled with paper flowers.

"Oh, my gosh!" I said. "That poor burro."

There are several burros with this job in this Mexican town and, as burro employment goes, it's a pretty easy gig. The burro wears a rustic basket filled with bright paper flowers and is led by a man in a similarly rustic costume, and they follow wedding processions, providing photo opportunities for the guests. The burro is photographed dozens of times and spends the afternoon in the park, doing her best to look picturesque.

On weekdays, when weddings are less common, the burro and her handler park themselves on a narrow bit of cobblestone street with a beautiful view of the old church in the background. Tourists get their photos taken with the burro for a few pesos. I saw no harm in it until the day the burro showed up in pants. "Oh, my gosh!" And

I felt a sense of indignation rising on the burro's behalf.

I mean, it's one thing to carry around fake flowers all day. It is another thing entirely (according to me) to put the poor burro in trousers. To add insult to injury, the pants were not even on her back legs! She was wearing trousers on her front legs that made her look sort of like a little person with a donkey head.

"Outrageous!" I decided in furious defense of the burro's dignity. Making a burro dress up in a silly costume was somehow intolerable, as far as I was concerned. Her handler was making her look comical, a ridiculous punchline to lure more tourists in. She was a joke burro, and I decided—from my vantage point as the Tourist Who Knows Everything—this was unacceptable.

From that moment on, I made it my mission to restore the burro's dignity. On days when she showed up in pants, I shook my head disapprovingly and said, "No pants!" in Spanish. On days she showed up in her natural attire, I indicated my approval. "I am happy the burro has no pants!" I said—a phrase I am unlikely to need on many other occasions.

My mission was going well, I thought. The burro was showing up in pants far less often and everything was going well—until yesterday.

Yesterday, I actually stopped to talk to the burro's handler.

"I'm glad she is not wearing pants!" I reiterated as if, by now, he might not have gotten my point.

"I will show you," he said in English. And he gestured that I should come near.

The burro had large patches on the back of her legs where the flies had been eating her skin. He told me they hurt her, and he could not keep the insects away. He put poison on the spots, but it did not work well, and it cost 500 pesos for a small bottle. The pants kept the flies away and allowed her poor legs to heal.

And I am an idiot. "I'm so sorry," I said in Spanish. "I didn't understand. She should wear pants if she needs them!"

And I thought of all the assumptions I make every day, all the opinions I form with no basis but my own ridiculous preconceptions. This man took the time to show me the truth—about one little burro in pants—and I wondered how often I am just so, so wrong.

"Gracias," I told him. "De nada," he said. "It's nothing."

But of course, it was something. It was something very important. Till next time,

-Carrie Check out Carrie ClassonAuthor on Facebook or visit CarrieClasson.com.

Don't Believe Everything You Hear!



JOHN R. ROBERTS, M.D.
Hamilton Health

We are definitely living in a post-truth world. It's not just in the political sphere that we have to be careful of facts and "alternative facts," it also extends to the scientific and medical realms as well. The public is being constantly bombarded with scientific information via mainstream media, social media, and other internet sources. How is a non-scientist supposed to filter through all this information and figure out what to believe? I want to give you some tips to use when evaluating what you see or hear.

The most important thing to look for when reading about a scientific or medical topic is whether the author or source is credible. Does the author have the proper credentials and experience? Is the person addressing a subject of which he or she has extensive training and knowledge? A layperson doing research on the internet is NOT equivalent to someone who has the education, knowledge, and skills to assess a given topic.

Does the author have a degree from a well-recognized and accredited institution or is he or she simply a member of an organization that has little or no credibility in the scientific community? There are a number of

other things to watch for in scientific articles. The first, that should raise a huge red flag, is if the article is trying to sell or promote something. It is exceedingly rare for genuine scientific sources to disseminate information for the primary purpose of selling a product or service directly to the public (i.e. over the internet). Credible scientific sources usually have dedicated their lives to scientific inquiry for the betterment of mankind. Unfortunately, like all humans, some fall into the trap of promoting treatments or procedures that benefit them financially.

There are some logical fallacies you need to watch out for when reading scientific articles. The "argument from authority" is frequently used when trying to peddle a bogus product or treatment. This flawed logic follows the thinking that since the author has a particular pedigree what he or she says must be true. This may or may not be true. Just because someone has an advanced degree it does not mean he or she has the expertise to comment on the subject at hand – it may be completely out of his or her area of study.

Authors may also use the argument from authority to reference another professional as having done research or said something that supports the author's position. The problem occurs when the supporting professional's findings or quotes are taken completely out of context and have absolutely no relevance whatsoever to the content of the article.

When someone reads that a Nobel Laureate in Medicine made a statement at some point in

time that has some similar language to the point the author is trying to make, they assume the Nobel Prize winner must support the author's point as well. Don't fall for this slight of hand.

Another common tactic to watch out for is an author who fails to provide a citation to the study supporting his or her claim. The study may be named or alluded to by using only vague references. This would not stand up in a peer-reviewed scientific publication.

If an author is going to use a study to support his or her position, the citation should include, at a minimum, the author(s) and where it was published. This allows the reader to go to the original primary source to see if the findings do indeed lend support and that the author did not make an improper association.

Two final things to look out for are anecdotes and testimonials. If an author is making a scientific conclusion about something, it must be based on rigorous scientific methodology and peer review, not word of mouth support. If the author refuses to produce the scientific evidence to back his or her position that should raise immediate concern that you should take any conclusions with a huge grain of salt.

I highly recommend The Skeptics' Guide to the Universe: How to Know What's Really Real in a World Increasingly Full of Fake, by Dr. Steven Novella, as a source to help you navigate our post-truth world.

-Dr. John Roberts is a retired member of the Franciscan Physician Network specializing in Family Medicine.

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TUESDAY

In The Kitchen

Tuesday, April 11, 2023

A6



Greek-Style Flank Steak with Tangy Yogurt Sauce

Photos courtesy of Getty Images

Prioritize **Heart Health** with a Balanced Eating Plan

FAMILY FEATURES

No matter your motivations, it's never too late or too early to start focusing on your heart health, and taking steps now can make a big difference. Small changes, like following a healthier eating plan, can help you start down a path toward improved heart health.

One step you can take is following the DASH eating plan, which is a flexible and balanced way of eating that stands for Dietary Approaches to Stop Hypertension and was developed by the National Heart, Lung, and Blood Institute. Requiring no special foods, DASH provides daily and weekly nutritional goals to help lower two major risk factors for heart disease: high blood pressure and high LDL (bad) cholesterol.

Being more physically active, managing stress, getting quality sleep and not smoking combined with DASH can put you on a path toward a healthy heart for life.

Encouraging others to join you on your heart-health journey can also be rewarding. Research shows social support and personal networks make it more likely you'll stick to healthy habits like eating healthy.

Sharing heart-healthy recipes with family and friends is an added bonus, and these DASH-friendly meals can help you take the guesswork out of putting nutritious dinners on the table. Greek-Style Flank Steaks with Tangy Yogurt Sauce offer the bold flavors of the Mediterranean while Teriyaki-Glazed Salmon with Stir-Fried Vegetables is as easy to make as it is colorful. For a complementary combination of pork and sweet fruit flavor, these Baked Pork Chops with Apple Cranberry Sauce are perfect to serve alongside brown rice or steamed broccoli.

Learn more about heart health and find DASH-friendly recipes at nhlbi.nih.gov/DASH.

Greek-Style Flank Steak with Tangy Yogurt Sauce

Recipe courtesy of the National Heart, Lung, and Blood Institute

Prep time: 25 minutes

Cook time: 25 minutes

Servings: 4

Marinade:

- 1/4 cup lemon juice
- 1 tablespoon olive oil
- 2 teaspoons fresh oregano, rinsed, dried and chopped
- 1 tablespoon garlic, minced (2-3 cloves)
- 1 beef flank steak (12 ounces)

Yogurt Sauce:

- 1 cup cucumber, peeled, seeded and chopped
- 1 cup nonfat plain yogurt
- 2 tablespoons lemon juice
- 1 tablespoon fresh dill, rinsed, dried and chopped
- 1 tablespoon garlic, minced (2-3 cloves)
- 1/2 teaspoon salt

To make marinade: In large bowl, combine lemon juice, olive oil, oregano and garlic.

Lay steak in flat container with sides and pour marinade over steak. Marinate at least 20 minutes, or up to 24 hours, turning several times.

To make yogurt sauce: Combine cucumber, yogurt, lemon juice, dill, garlic and salt. Set yogurt sauce aside at least 15 minutes to blend flavors. Sauce can be prepared up to 1 hour in advance and refrigerated.

Preheat broiler to high with rack 3 inches from heat source.

Broil steak about 10 minutes on each side to minimum internal temperature of 145 F. Let cool 5 minutes before carving.

Slice thinly across grain into 12 slices.

Serve three slices with 1/2 cup yogurt sauce.

Tip: Serve in sandwich with pita bread, lettuce and tomato.

Teriyaki-Glazed Salmon with Stir-Fried Vegetables

Recipe courtesy of the National Heart, Lung, and Blood Institute

Prep time: 20 minutes

Cook time: 15 minutes

Servings: 4

Salmon:

- 2 tablespoons light teriyaki sauce
- 1/4 cup mirin or sweet rice wine
- 2 tablespoons rice vinegar
- 2 tablespoons scallions, rinsed and minced
- 1 1/2 tablespoons ginger, minced
- 12 ounces salmon fillets, cut into four portions (3 ounces each)

Vegetables:

- 1 bag (12 ounces) frozen vegetables stir-fry
- 1/2 tablespoon peanut oil or vegetable oil
- 1/2 tablespoon garlic, minced (about 1 clove)

- 1 tablespoon ginger, minced
- 1 tablespoon scallions, rinsed and minced
- 1 tablespoon light soy sauce

Preheat oven to 350 F.

To prepare salmon: Mix teriyaki sauce, mirin, rice vinegar, scallions and ginger well. Pour over salmon and marinate 10-15 minutes.

Remove salmon from marinade.

Place salmon on baking sheet. Bake 10-15 minutes, or until fish flakes easily with fork in thickest part and reaches minimum internal temperature of 145 F.

To prepare vegetables: Thaw frozen vegetables in microwave or place bag in bowl of hot water about 10 minutes. In large wok or saute pan, heat oil. Add garlic, ginger and scallions; cook gently, but do not brown, 30-60 seconds.

Add vegetables and continue stir-frying 2-3 minutes, or until heated through. Add soy sauce.

Serve one piece of salmon with 1 cup vegetables.



Teriyaki-Glazed Salmon with Stir-Fried Vegetables



Baked Pork Chops with Apple Cranberry Sauce

Baked Pork Chops with Apple Cranberry Sauce

Recipe courtesy of the National Heart, Lung, and Blood Institute

Prep time: 10 minutes

Cook time: 30 minutes

Servings: 4

Pork Chops:

- 4 boneless pork chops (about 3 ounces each)
- 1/4 teaspoon ground black pepper
- 1 medium orange, rinsed and zested
- 1/2 tablespoon olive oil

Sauce:

- 1/4 cup low-sodium chicken broth
- 1 medium apple, peeled and grated (about 1 cup)
- 1/2 cinnamon stick
- 1 bay leaf
- 1/2 cup dried cranberries
- 1/2 cup 100% orange juice

Preheat oven to 350 F.

To prepare pork chops: Season pork chops with pepper and orange zest.

In large saute pan, heat olive oil over medium heat. Add pork chops and cook until browned on one side, about 2 minutes. Turn and brown 2 minutes. Remove pork chops from pan, place on nonstick baking sheet and bake 10 minutes to minimum internal temperature of 160 F.

To make sauce: Add chicken broth to saute pan and stir to loosen brown bits from pork chops. Set aside.

In small saucepan over medium heat, cook grated apples, cinnamon stick and bay leaf until apples begin to soften.

Add cranberries, orange juice and reserved broth. Bring to boil then lower heat to gentle simmer. Simmer 10 minutes, or until cranberries are plump and apples are tender. Remove cinnamon stick.

Peel orange and cut into eight sections.

Serve one pork chop with 1/4 cup sauce and two orange segments.

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TUESDAY

Health and WELLNESS

Tuesday, April 11, 2023

A7

Scaling Back



Photo courtesy of Getty Images

5 ways to manage your weight

FAMILY FEATURES

For many people who wish to work toward a healthier weight, one of the greatest obstacles is figuring out where to begin.

These tips from SlimFast consultant and registered dietitian Maryann Walsh show it doesn't take a drastic lifestyle overhaul to make an impact.

Eat Mindfully

Many people who struggle with their weight benefit from being more conscious about what they're eating and why. For example, consider your eating habits, such as eating even when you're not hungry whether that's because it's mealtime and you think you should eat, you're satisfying a craving or using a tasty snack to cope with stress.

Recognizing why you're eating is an important step toward correcting destructive eating patterns, but so is paying attention to the other details of the eating experience, including what you eat and how it makes you feel. Ultimately, this may allow you to choose healthier foods that nourish

your body for the long-term, rather than the brief satisfaction that comes with less nutritious choices.

Consider Intermittent Fasting

One weight-loss method many people find success using is intermittent fasting, which involves abstaining from all food and beverages for a specified time period each day or week. While going too long without food can sometimes lead to excess hunger then overeating later, in shorter, controlled fasting timeframes one can often more easily achieve a caloric deficit, which is required for weight loss.

Prepare for your fasting phase by choosing foods that support satiety. Options like SlimFast's Intermittent Fasting line of meal bars and protein shakes can help avoid a sense of deprivation with tasty flavors like the Vanilla Cupcake Snack Shake Mix and Vanilla Almond Crunch Complete Meal Bar. The shake mixes deliver 15 grams of slow-digesting protein, compared to whey protein, to help curb hunger, along with more than

20 vitamins and minerals. The meal bars clock in with 15 grams of protein and 10 grams of fiber.

Manage Stress

When you're stressed, your body produces cortisol, which also raises insulin and can drive hunger and trigger cravings for comfort foods. In fact, that's the very reason people tend to overeat when they're under pressure. Light exercise and meditative practices can help you manage your mental strain. You might also consider talk therapy with a friend or professional or spend time unwinding with a book or music.

Get Proper Sleep

Poor sleep habits affect your weight in numerous ways. One is that when you're feeling tired, your hunger and satiety hormones, ghrelin and leptin, can be affected, leading to an increase in caloric intake and subsequent weight gain. Additionally, when you're tired, you're more likely to take shortcuts like skipping workouts or opting for unhealthy convenience

foods. All are reasons to make better rest a bigger priority.

Track Eating and Exercise

When you're not paying attention to what you eat and how you move, you may not even realize how your habits are affecting your health. Logging what you eat, especially if you use a tool like an app that helps you see the nutrition breakdown, may give you a

clearer idea of the quality and quantity of your intake. Similarly, when you're specifically writing down the time you're committing to physical activity, you'll find it easier to identify patterns and pinpoint where you can make adjustments to increase your exercise.

Visit [SlimFast.com](https://www.slimfast.com) to find more resources on weight management and intermittent fasting.



3 Tips for Intermittent Fasting

If you're new to the idea of intermittent fasting, these tips can help you find greater success so you can see results.

- 1. Pace yourself.** Make a gradual transition so your body gets used to going without food for shorter periods of time before you work up to extended fasting periods.
- 2. Stay hydrated.** Avoid confusing thirst for hunger by upping your fluid intake. Staying hydrated and energized while you fast helps keep fatigue and brain fog at bay. Options like

fruit-flavored SlimFast Intermittent Fasting Energizing Hydration Supplement Drink Mix won't break your fast and can help you add variety as a flavorful alternative to water. They can provide the energy and focus you need between meals and are perfect for those who feel groggy or run-down while fasting.

- 3. Set goals.** Know what you want to achieve and why, so your "why" can keep motivating you to follow your intermittent fasting plan even when you're tempted to quit.